

IDAHO CONTENT STANDARDS  
GRADE 9-12  
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 1.1: Acquire the essential skills to lead a healthy life.</b>	9-12.H.1.1.1 Assess the benefits of proper nutrition and regular physical activity on the health of humans throughout the life cycle. (841.01.a)	9-12.H.1.1.2 Assess how personal health issues change during life (puberty, aging, disability, serious illness/injury). (841.01.b)	9-12.H.1.1.3 Evaluate the psychological, social, emotional, and physical implications of human sexuality in developing and maintaining a responsible and healthy lifestyle. (841.01.c)	9-12.H.1.1.4 Demonstrate knowledge and concepts of basic injury prevention, emergency care, and crisis management procedures. (841.01.d)	9-12.H.1.1.5 Identify and evaluate the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (841.01.e)	9-12.H.1.1.6 Assess environmental and other external factors that affect individual and community health (public health policies, governmental regulations, research). (841.01.f)					

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	9-12.H.2.1.1 Assess the consequences of sexual activity (unplanned pregnancy, STDs, emotional distress). (842.01.a)	9-12.H.2.1.2 Assess the short and long-term consequences of tobacco, alcohol, and other drugs (use, misuse, abuse, dependency). (842.01.b)	9-12.H.2.1.3 Evaluate the impact of risky behaviors on personal and community health. (842.01.c)	9-12.H.2.1.4 Identify prevention strategies that address positive behaviors and their benefits.							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 3.1: Demonstrate the ability to use communication skills to enhance health.</b>	9-12.H.3.1.1 Analyze the causes and effects of conflict in schools, families, workplaces, and communities. (843.01.a)	9-12.H.3.1.2 Demonstrate and evaluate communication skills that enhance intra-personal and inter-personal health (coping skills, self-efficacy, affirmations, refusal skills, conflict resolution). (843.01.b)	9-12.H.3.1.3 Relate how effective interpersonal communication skills can be used to build, maintain, and enhance interactions between family, peers, workplace, and society. (843.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.</b>	9-12.H.4.1.1 Evaluate the validity of health information, products and services (advertising claims, quackery, fraudulence, health-related research). (844.01.a)	9-12.H.4.1.2 Evaluate resources from home, school, library, and the community that provide valid health care information. (844.01.b)	9-12.H.4.1.3 Evaluate factors and situations that influence personal selection of health care products and services (when to seek treatment, when or what product to use). (844.01.c)	9-12.H.4.1.4 Analyze the cost and accessibility of health care services. (844.01.d)							

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**Standard 5: Mental and Emotional Wellness**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</b>	9-12.H.5.1.1 Assess strategies for coping with and overcoming feelings of stress (rejection, social isolation, other forms of stress, burnout). <a href="#">(845.01.a)</a>	9-12.H.5.1.2 Identify methods for addressing mental and emotional concerns (depression, grief, eating disorders, suicide). <a href="#">(845.01.b)</a>									